

## **Police Academy**

### **What to Expect During Police Recruit Training?**

Police recruits participate in training, to successfully complete the Virginia State Certified Police Officer training requirements. The police recruit academy lasts approximately 6 months and consists of classroom, physical fitness, and police situation simulation training. Police recruits attend the academy for forty hours per week. Training times and days are changed from time to time for various training elements. The Norfolk Police Academy is not a Residential/Barracks Academy, recruits commute between their residence and the academy.

### **Classroom**

Recruits receive classroom instruction in such areas as basic law, criminal investigations, report writing, and other law enforcement related topics. Recruits are tested periodically to assess their success in learning classroom materials. Recruits must meet or exceed minimum standards established by the Norfolk Police Department and the Virginia Department of Criminal Justice Services (DCJS).

### **Physical Fitness**

Recruits receive intense and rigorous physical training related to fitness and health standards daily, as needed to perform the physically demanding aspects of law enforcement. Training includes: Running approximately 2 – 3 times a week to build endurance for distance running later in the academy. • Exercise will include: calisthenics • HIIT (high intensity interval training) • cross fit • circuit training • stretch/flexibility training • strength training.

Recruits normally participate in physical fitness testing quarterly throughout the academy.

### **Police Situation Simulation Training**

This includes: defensive driving, control tactics, and firearms training.